

How To

Improve Yourself Fast

By Christopher Williamson



**Copyright © Christopher Williamson 2005
All Rights Reserved.**

Except as expressly permitted with written approval by *Leocolour Pty Ltd*, no part of this electronic book may be copied, photocopied, reproduced, republished, licensed, distributed, displayed, posted, translated, altered, redistributed or broadcast in any way.

Nor can it be exploited, used to create derivative works, or reduced to any electronic medium or in any other manner not herein stated, in whole or in part, without the prior written approval of *Leocolour Pty Ltd* or its third-party providers.

Any information distributed for commercial purposes is strictly prohibited without the prior written approval of *Leocolour Pty Ltd*.

All of the information in this electronic book is for entertainment and or educational purposes only.

Contents

The Wrong Confidence.....	5
Defining Confidence	6
Negative Associations.....	7
Example of Negative Associations	8
Limiting Beliefs.....	9
How To Develop Confidence.....	9
The Problem With Money, Fame & Power	10
Better Than Money, Fame & Power.....	10
Your Comfort Zone	11
Validation.....	12
How To Change Anything About Yourself	14

“We must do that which we think we cannot.”
Eleanor Roosevelt

The Wrong Confidence

As with everything in life, there are right ways and wrong ways to do things.

During the past few decades some men have tried to attract the opposite sex by getting extremely drunk. They also tend to limit their thinking by taking their daily observations at face value.

It may appear that men who successfully date beautiful women fall into one of several categories. The types of men often seen with such women seem to be:

- Rich men
- Good-looking, tall or muscular men
- Rock stars and celebrities.

Because these stereotypes are so common in everyday life we might assume they attract women because of these particular characteristics. This is wrong. The truth is that these men aren't dating women because they are rich, good-looking or famous. The single reason these men succeed with women is because these characteristics project confidence.

What are men trying to do when they:

- Work out at a gym
- Buy a sports car
- Become famous
- Work hard to make lots of money?

Whether they realize it or not, men pursue these expensive and time-consuming activities because they are trying to develop confidence in order to attract the opposite sex.

For most men their intentions reside deep within their subconscious, pushing them in unproductive directions because deep down they believe it'll make a difference. Of course some women are attracted to men with money, but they are fully conscious of the benefits.

Good-looking men don't successfully date women because they are "good-looking", but because their good looks give them confidence. Over years handsome men receive compliments from women, and slowly their ego is satisfied, constantly increasing their confidence. Why do you think attractive women are always confident? They have also had their ego stroked for years.

So can you date women by pursuing these activities? Of course you can.

Confidence can be built this way, but is it worth wasting your valuable time?

You can spend six months at the gym building muscle, five years promoting your band, or 10 years building enormous wealth for yourself. But why would you spend so much time on these activities when there's an easier way?

Confidence is a *developed* characteristic that resides at the centre of masculinity. It is therefore crucial that we dissect it.

Defining Confidence

Simply put, confidence is the absence of doubt.

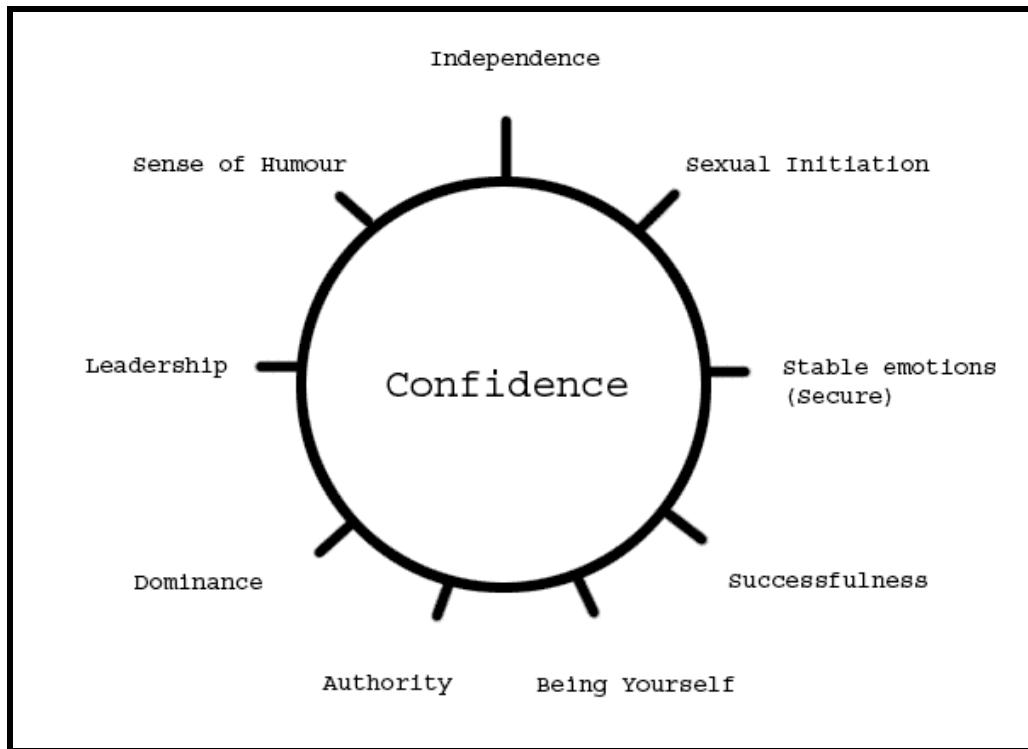
Confident people are fascinating. They draw others in, don't need validation, don't care what others think of them and believe in themselves. Confident people don't believe in limitations and never say, "I can't."

No other characteristic is more important than confidence to achieve success and happiness in life, especially when finding a partner. Without *believing in themselves* men can never:

- Start conversations with women
- Ask for numbers
- Call and set dates
- Organise dates
- Take the leadership role
- Make their interest beyond friendship clear.

All these actions and characteristics come from a strong foundation of confidence.

The Core of Masculinity: Confidence



So by increasing your overall confidence you empower the positive traits within yourself and make them really stand out.

Luckily, confidence can be learnt. No one is born confident. It's important to understand why some people are more confident than others so you can harness the power to increase your own confidence.

Negative Associations

Everyone has different experiences associated with dating.

What separates success from failure are the associations that successful men place on their previous dating experiences.

From an early age a guy we'd describe as "a natural" with women will talk to many women and understand how to handle himself. But if your first attempts at dating ended with a woman laughing at you or saying, "No way, you loser!" it's highly likely that your confidence would take a severe knock.

It only takes a few uncomfortable experiences to lower a man's self-esteem to the point where he actually believes all women dislike him.

People search their memories for past experiences to determine what they'll do in current similar situations.

Unfortunately if men only have negative past experiences with women, such as rejection, embarrassment and humiliation, then the pain from these experiences can paralyse them from attempting to interact with women ever again.

From then on, the sight of new, interesting women triggers the previous painful emotions, and they conclude it's much safer to do nothing.

Sadly, if men knew that confidence itself is the equivalent of physical beauty they'd realize it's the only thing that must be turned around in order to have success.

If men don't recognise this, they attempt to build confidence indirectly – doing things such as getting drunk, working out or making big money. Chances are when you achieve these indirect goals you still won't have the confidence needed to date women.

Example of Negative Associations

Here's an example to make sure you understand how past negative experiences determine what you'll do when an identical situation arises in the future.

Let's say you decided to ride a motorbike. It's the first time you've ever ridden a motorbike, so you have no positive or negative emotions linked with the experience. In other words, you don't like or dislike the activity.

If you were having an amazing time you would begin to associate *riding motorbikes* with *fun, excitement and adventure*.

But then what if you kept riding that bike and suddenly had a terrible accident. You ended up lying in a hospital bed for 10 weeks with a broken leg and covered in painful open-flesh wounds.

Now what would happen?

Your associations with *riding motorbikes* would change to negative emotions, such as *danger, pain and suffering*. Because of your past experiences, the next time you're offered a motorcycle ride you're much more likely to say "No!"

So if women have embarrassed, humiliated or rejected you, chances are you'll never approach or communicate with women again unless you consciously take charge to alter your past experiences.

LIMITING BELIEFS

Successful men aren't all that different from the average guy, except that they have allowed their skills to develop, because they associate *meeting and dating women* with positive feelings that they experienced in the past.

If you can alter your thought patterns you'll see amazing results with women and dating.

Why?

Because you won't care what women think if they reject you. Your own reality becomes so strong that nothing and no one can alter your world. This allows you to continuously improve your dating skills, regardless of results, rejections or failures.

Confident men succeed because they aren't afraid of failing. If you limit your potential by telling yourself something like "women hate me", your mind searches for answers to make this belief true.

Man: Women hate me
His Mind: Yes, because you're bald, short, ugly or not rich.

Your own mind never argues with you. If you feed your mind negative and destructive beliefs it'll search for answers to reinforce your thinking, whether it's true or not. Can you see how this could destroy you after several years?

Your own negative thinking could destroy your self-respect to the point where you can't imagine having success with women or dating any more. This is a recipe for disaster and a long life of unhappiness and loneliness. Instead you need to tell yourself:

Man: Women love me
His Mind: Yes, because you're funny, generous, romantic and interesting.

The longer you feed your mind negative thoughts the harder it becomes to change those beliefs. Focus your thoughts on *positive* encounters you have with women. If you make women laugh, smile or feel happy say how great you are because of the experiences. Even if you get rejected tell yourself how great you are for gaining valuable experience the social encounter.

This isn't arrogance it's expanding your beliefs.

How to Develop Confidence

To truly change and become confident you need to be honest with yourself and admit that you could first use more confidence. There are two basic ways to develop confidence:

- Reading information
- Eliminating doubt by taking action and consistently reinforcing your mind with more and more positive experiences.

By reading information you gain incredible confidence by learning what works. You automatically change any limiting beliefs you have because you now understand there is hope. The more success you achieve with women and dating, the stronger your confidence becomes.

The Problem With Money, Fame & Power

Apart from previous experiences in life, good looks, material possessions and muscular bodies, what is it that really nurtures, drives and fosters consistent, ever-lasting confidence?

The answer may surprise you...

Before I reveal the secret to you, I want to explain what people experience in life without the influence of *its* power. Whether you've realized it or not, there is an abundance of unhappiness within our world.

- Some people earn lots of money and everyone loves them.
- Some people become famous and everyone loves them.
- Some people become comedians and everyone loves them.

Yet for some reason many of these “apparently” successful individuals commit suicide. It seems hard to understand why such people would take their own lives. Why do they feel so unhappy and worthless?

Can you begin to comprehend what these people must be thinking? Without researching the facts, our common response might be, “These people are greedy and spoilt,” but this is completely false.

Imagine playing in a top rock band and performing on stage in front of thousands of people. The crowd roars like the ocean as they cheer you on. Your fans would change their lives and do almost anything for you. This sounds appealing, doesn't it? These people are often happy until they become washed up and lose their celebrity status.

You see, these high-status figures, like everyone else in the world, need something to make their life simple and fulfilling.

Better Than Money, Fame & Power

Imagine having the power to:

- Approach any woman and start a conversation
- Talk to women so they love to be around you
- Control dates and project confidence and masculinity
- Progress the stages of dating and enter a relationship if you wish.

We are sometimes told that as humans we like to complicate situations. Often what seem to be the most complex questions actually have the simplest answers.

So what is the deepest psychological secret of our own minds that can produce unbelievable success with women? What simple act will change everything, literally overnight? What is even deeper than confidence?

The answer is...

Self-respect - the ability to love yourself.

Why do you think it's so difficult to approach women you've never met without fear and hesitation? There is something called validation that can make our lives miserable. Men change when they meet and talk to women for one reason: they are motivated by the fear of loss.

What do they fear losing? They fear losing the positive attention and love of another human being. Today's media tries to persuade us that people *only* receive acceptance from others through material possessions.

"If you buy these sunglasses you'll be cool."

"If you buy this cologne women will find you attractive."

"If you buy this car women will lust after you."

"If you buy these jeans your friends will continue to accept you."

For this reason it may be difficult and uncomfortable to accept the idea of loving yourself. You may think it sounds arrogant, selfish or weird. But the truth is: self-respect or self-love is the answer to complete confidence.

Your Comfort Zone

Most men struggle to approach women because the fear of rejection is so strong they aren't even willing to introduce themselves unless there is 100% chance of success. Let me tell you something right now.

You're never going to have 100 per cent chance of success. It just doesn't happen. Rather than feeling certain of the outcome you need to *not care* about the outcome.

Be *detached* from results.

One of the six basic human needs is the need for *significance*. Feeling needed, feeling important, is essential to every human being.

Significance can be interpreted as doses of positive attention from others. In interactions with women, signals conferring significance could be:

- Friendly eye contact
- Hanging around you instead of walking away
- Laughing at your jokes
- Complimenting you – eg. "You're handsome"
- Enjoying your company
- Hugging you
- Kissing you
- Intimacy
- Saying "I love you".

When people constantly receive this sort of positive attention they feel no need to be upset. But when they *stop* receiving a consistent flow of favourable interest they may feel something is missing. They start to crave love *like a drug*.

For this reason, rich, famous and even lesser status people can develop feelings of unhappiness and despair, that in extreme circumstances lead them to commit suicide. They don't love, respect or value *themselves*. They expect others to provide the love *for them*.

Even though everyone needs positive attention a more powerful emotion stops most people from ever achieving happiness. This emotion is fear.

Fear is a stronger motive than love.

The *pain* of rejection is more influential than the *pleasure* of successfully meeting and dating a wonderful woman. Although men want to associate with fun and interesting women, the possibility of failure paralyses them.

It is crucial to recognise that respect, value and love for yourself helps you attract the sort of partner you really deserve.

You can never truly love another until you love yourself.

The more you love and respect yourself the more others like you. Whether you realize it or not, you have complete power and choice over how the majority see you. Really.

Validation

Validation is the drug of positive attention. For some reason we believe that what others think of us determines our worth. People who are insecure require constant validation. Here's an example of validation from others.

Exceptionally attractive women are stared at hundreds of times a day. Staring, talking, flirting, asking a girl out, even offering to do her laundry in an attempt to date her, are all signs of positive attention. Many attractive girls thrive on this sort of attention; they come to rely on it to stay happy.

If they suddenly stop receiving this attention they do whatever they can to try and fix it. They try different makeup, buy sexier clothes and put hours into their appearance in order to regain men's attention. If for some reason they still don't receive the notice they are craving, one of two things happens:

1. They break down mentally and become depressed.
2. They educate themselves about their emotions and learn the value of loving themselves.

So how does this relate to men's situation?

If men didn't need validation from other people they would be able to approach, introduce themselves and meet women fearlessly and effortlessly. When you love and value yourself you don't need to derive significance from women because you're providing it yourself. The dynamics completely change.

*Instead of seeking positive attention from a woman
you are giving her positive attention.*

Now if she's not interested in your attention, that's perfectly fine. You haven't lost anything. Why does this simple change of focus have such an enormous impact?

The most influential emotion (fear of loss) is no longer a problem in your dating life, because you're giving rather than receiving. Unfortunately for them, most

people don't take this statement seriously. They don't recognise the power in its message. I'm here to tell you: the ability to love yourself skyrockets success.

When you give love it comes back to you 10 fold.

A great example is obsession. When somebody breaks up with you and all you can do is think about getting back together, you are being selfish. What you are doing is relying on *someone else* for your happiness.

Nobody should determine your happiness. To successfully meet and date women you need to love and respect yourself first, then others.

So many men centre their lives on their girlfriends, to the point where there is a real danger if someone decides to discontinue the relationship. Left alone, the men feel abandoned, depressed, and that life has lost all meaning. They may even be suicidal.

When you start a relationship, make sure that you have a life outside of it. Then concentrate on *giving* rather than *receiving* and you'll never feel unhappy.

How To Change Anything About Yourself

Men struggle to find the motivation to improve their dating success with women. If this is you, let me fill you in on a little secret... *Get disturbed!*

- Hang around your friend and his girlfriend
- Watch people as they laugh and have fun with their partners
- Bring up conversations about people's partners
- Watch films where the loser finally gets the girl

Do whatever it takes to get motivated about your own situation. Unless you use the powerful motivation of *pain or pleasure*, you'll never become uncomfortable enough to change. Spend time around people in happy, fulfilling relationships, and show your mind that you really want this happiness for yourself. This is one of the most powerful contributors to success; don't underestimate the power of positive disturbance.

That brings us to the end of this report. I hope you have enjoyed it.

Talk to you soon,

Christopher Williamson